

Sleepy When You Shouldn't Be?

You are not alone. Nearly thirty million Americans have trouble staying awake and many don't know that a treatable medical condition may be the cause.

Have you:

- Fallen asleep at work or another inappropriate place?
- Injured yourself at work because you were too sleepy?
- Made a bad mistake because you couldn't concentrate?
- Suffered frequent headaches or stomach upsets?
- Shut out family and friends because you felt exhausted?
- Fallen asleep while driving?
- Caused a traffic accident because you fell asleep?

If you can answer **YES** to any of the above questions, rate yourself on the Sleep Survey and see if one of the sleep disorder profiles describes you.

Several research studies are testing an investigational drug to see if it can promote wakefulness without sacrificing restful bedtime sleep. You may qualify for one of these studies if you suspect, or know, your drowsiness is related to a sleep problem such as Shift Work Sleep Disorder, Narcolepsy or Sleep Apnea.

If you pre-qualify for one of the studies, a physician in your area will conduct a screening exam to confirm a diagnosis of Shift Work Sleep Disorder, Narcolepsy or Sleep Apnea. To participate, you must meet additional criteria specific to the sleep disorder for which you have been diagnosed.

All study-related care and medication will be provided at no cost to you for the duration of the study. You will also be compensated for time and travel.

Don't wait... call toll-free today:

1-866-316-3341

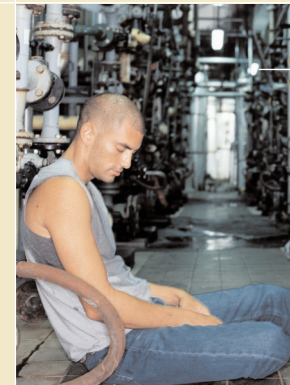
Call Now, Toll Free.

Study doctors and their staff will respect your privacy. Details about your condition will be kept confidential at all times. Don't struggle through another day. Call to see if you qualify for this no cost sleep study:

1-866-316-3341



RISKY



BUSINESS

have you
fallen
asleep in all
the wrong
places?

Need help staying awake?

You may qualify for a clinical trial if you think you have a sleep problem or know you have Shift Work Sleep Disorder, Narcolepsy or Sleep Apnea

Is My Sleepiness Excessive?

The Epworth Sleepiness Scale (ESS)

The following questionnaire will help you measure your general level of sleepiness. It asks you to rate the chances that you would doze off or fall asleep during different, routine situations. Answers to the questions are rated on a reliable scale recognized by the American Association of Sleep Medicine (AASM). Each item is rated from 0, meaning you would never doze or fall asleep in a given situation, and 3 meaning that there is a very high likelihood that you would doze or fall asleep in that situation.

Take a Simple Sleep Survey

Use the scale to the right to check the most appropriate answer for each situation

Situation	would never doze	slight chance of dozing	moderate chance of dozing	high chance of dozing	Score
Sitting and reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sitting inactive in a public place, for example, a theater or meeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
As a passenger in a car for an hour without a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Lying down to rest in the afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sitting and talking to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sitting quietly after lunch (when you've had no alcohol)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
In a car, while stopped in traffic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Your Total Score <input type="text"/>	0	+1	+2	+3	

A total score of less than 10 suggests that you may not be suffering from excessive sleepiness.

A total score of 10 or more suggests that you may need further evaluation by a physician to determine the cause of your excessive sleepiness and whether you have an underlying sleep disorder.

Sleep Disorders

Why You Should Seek Treatment



Sleep Apnea

Do you snore heavily? Does your snoring keep your bed partner awake? Apnea prevents restorative sleep, and can lead to excessive drowsiness, irritability, loss of energy and depression. Without treatment, people with apnea risk job loss, marital and family problems, and are four times more likely to cause traffic accidents.

Narcolepsy

Have you fallen asleep without warning? Have you performed a task that you later cannot recall doing? Do these episodes happen despite restful sleep? Narcolepsy is a rare, under-diagnosed condition that requires ongoing medical treatment to manage episodes of dangerous, uncontrollable sleep.



Shift Work Sleep Disorder (SWSD)

Do you work shifts? Does your schedule include extended or rotating work hours at night? If you are experiencing extreme sleepiness and poor concentration while awake, followed by fitful sleep, you may have Shift Work Sleep Disorder.

SWSD makes you a prime candidate for developing serious health conditions including digestive problems and an increased risk of heart attack. With SWSD you are twice as likely to have a work-related accident because your attention is impaired.

